

## Woodstock Medical Centre Practice Newsletter

Issue 4 – July 2023

### Practice update

After nearly 4 years working at Woodstock Medical Centre, Janet Meechan has retired from her position as Practice Manager. The practice team, as well as the wider group, would like to thank Janet for her hard work and dedication over the years and will be missed by colleagues and patients alike. We wish Janet all the very best in her retirement.

We would also like to welcome Moamina Iqbal, Physician Associate, who has recently joined the practice team. Moamina is part of our unscheduled care team (UCT) and supports the wider clinical team dealing with on the day acute issues both over the phone and face to face. Welcome Moamina!

Our next PPG meeting will be held on Wednesday 30<sup>th</sup> August.

### Patient reminder

The practice will be closed on Monday 17<sup>th</sup> July for the public holiday. Please ensure any medication requests are in on time to be processed prior to the closure, thank you.

### Zero Tolerance

The practice has a zero tolerance policy in place. This is in place to safeguard our patients, our visiting parties and our practice team. The practice should be seen as a safe place for those who attend.

There is absolutely no tolerance of physical or verbal abuse whether actual or threatened, whether in person or by telephone and where necessary we will seek assistance of Police Scotland to remove anyone, whether patient, visitor or otherwise who is in breach of this policy from our premises, where it is deemed necessary.

Thank you to our patients for taking the time to send us feedback and positive comments:

*'Friendly reception staff and Practice Nurse Laura is a gem. All very professional, well done all.'*

*'I would like to take this opportunity to thank all practice staff for the efficient and professional care I received.'*



# Pharmacy First and self-help guides

Your pharmacist can advise you about conditions such as:

- Acne
- Allergies
- Athlete's foot
- Backache
- Blocked or runny nose
- Cold sores
- Constipation
- Cough
- Cystitis (in women)
- Diarrhoea
- Earache
- Eczema
- Headache
- Headlice
- Haemorrhoids (piles)
- Hay fever
- Impetigo
- Indigestion
- Mouth ulcers
- Pain
- Period pain
- Shingles
- Some skin conditions such as cellulitis or insect bites
- Sore throat
- Threadworms
- Thrush
- Urinary tract infections (UTI's)
- Verruca's and warts

NHS Pharmacy First Scotland is an NHS service provided by your local community pharmacy. If you have a minor illness, a pharmacy is the first place you should go for advice. You do not usually need an appointment and you can go to any pharmacy. Your local pharmacist or a trained member of the pharmacy team will give you advice and medicine if needed. They may need to refer you on to another healthcare professional such as your GP practice, dentist, optometrist or another NHS service if they feel your condition needs further investigation or more specialist care.

Who is eligible?

- Everyone registered with a GP practice in Scotland or the Defence Medical Services on a permanent or temporary basis (including care home residents)
- People who live in Scotland (including gypsy or traveller's/ asylum seeker or dependant of an asylum seeker).

IS YOUR  
CONTACT  
INFORMATION  
UP-TO-DATE?



Please ensure you update the practice with any change of address, telephone number or email so we have the most up to date information on your patient record.